

Montana Chemical Dependency Center
Suggested Packing List

It is suggested that each patient bring clothing for approximately one week. Clothing and other articles, which promote chemicals or alcohol, are considered disrespectful to others, and are not permitted. Storage space is limited, so please do not bring excess belongings. MCDC is not responsible for personal belongings and cannot be held liable to replace lost or stolen items. Personal vehicles brought to MCDC must be parked in the back parking lot and not used during the course of treatment. MCDC is not liable for any damage, theft or other occurrence to the personal vehicle while patient is in treatment.

Laundry facilities are available to patients at no charge. Bedding and towels will be provided also. All patients are responsible for doing their own laundry, including towels and bedding. Personal hygiene is very important to self-image and all patients are required to shower daily.

ITEMS YOU MAY BRING

- Shirts, blouses, sweatshirts
- Jeans, slacks, sweatpants, shorts
- Underclothing
- Shoes and socks.
- Pajamas, robe and slippers.
- Hair Dryer/Curling iron
- Stamps
- Cigarettes
- Hair Spray, shampoo, mousse and / or gel (must be alcohol free and non aerosol).
- Money (Avoid bringing a large amount of cash) **No checks or money orders will be cashed.**
- Phone cards
- Photo ID, such as a Driver's license, State ID card, etc. and Social Security Card (if available)
- Room decorations, examples include: family photos, stuffed animals, pillow and comforter, etc.

ITEMS YOU MAY NOT BRING

- *Tank/halter tops, or see through clingy clothing are not permitted.*
- *Mini skirts are not permitted.*
- *Bare feet are not permitted.*
- *Food Items, i.e. coffee, candy, chewing gum, pop, etc.*
- ***Smokeless tobacco, i.e. chew***
- *Over- the- counter medications, mood alerting or illegal drugs.*
- *Drug paraphernalia.*
- *Alcoholic or non- alcoholic beverages.*
- *Toiletries which contain alcohol.*
- *Any aerosol containers.*
- *Colognes, perfumes, after shave lotions, mouthwash or other items containing alcohol.*
- *Electronic equipment, i.e., cell-phones, radios, TV, cassette/CD players, cameras, musical instruments.*
- *Reading material, except for AA book, Bible, 12 Step books, or other self-help books.*
- *Hobby or craft items, i.e. playing cards, board games, sewing items, etc.,*
- *Weapons or any item that can be used as a weapon, including straight edge razors.*
- *Lighter fluid.*
- *Expensive jewelry.*

Please be advised that MCDC is a tobacco free facility. We will allow supervised smoking breaks outside the building, in designated smoking areas, at scheduled times during the day.

Attention those who are taking the bus home from MCDC:

Greyhound allows one carry on and one piece of luggage to be put in the under storage. Additional luggage will cost \$5.00 for the first extra piece of luggage and then \$30.00 per each additional piece. The maximum weight of each piece of luggage is not to exceed 50 pounds.

Rimrock Stage allows two carry on bags and two pieces of luggage to be put in the under storage. Additional luggage will cost \$5.00 for the first extra piece of luggage and then \$30.00 per each additional piece. The maximum weight of each piece of luggage is not to exceed 50 pounds.